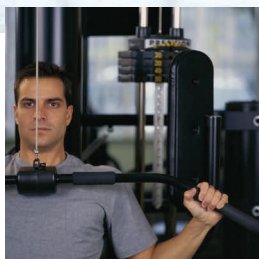
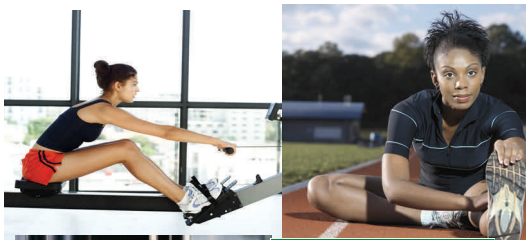


Exercise & Physical Activity



Your Health is PRICELESS

Health Club Corporate Rate Discounts



Norfolk Employee



- 1) Call the clubs you are interested in. Ask to talk to the Club Manager. Tell them you are a City Employee that is calling to find out the current discount offered for city employees.
- 2) Additional Discounts can be found on the Club's website on the internet. Monthly Tips & Specials can also be found at http://www.norfolk.gov/employee_wellness/.
- 3) Norfolk Consortium Employee Prevention & Wellness does not discriminate against any club and will act to promote all area health clubs that provide employees with discounted rates

Health Club Listing

The Gym Downtown

259 Granby St. (Suite 200)
Norfolk, VA 23510
(757) 321-4963
www.gymdowntown.com

Bally Total Fitness

3960 Virginia Beach Blvd.
(757) 340-4800
www.ballytotalfitness.com

1501 Ring Road
Chesapeake, VA 23320
(757) 420-0310

12255 Hornsby Lane
Newport News, VA 23602
(757) 249-1315

Anytime Fitness

2406 E. Little Creek Road,
(757) 383 6298
www.anytimefitness.com

One Life Fitness

1900 Monticello Ave
1-800 559-3238
www.onelifefitness.com

Chesapeake Square
Newport News

Greenbrier
Virginia Beach

Simon Family JCC

5000 Corporate Woods Drive,
Suite 100
(757) 321-2338
www.simonfamilyj.org

Fitness First Health & Wellness

115 Tazewell Street
(757) 625 -1115
<http://www.fitnessfirsthealthwellness.com>

Blocker Family YMCA

312 West Bute St.
757-622-9622
Membership to ANY Tidewater YMCA allows you usage of 16 different facilities!

Wellness One

565 Cedar Road (suite 16)
Chesapeake, VA
(757) 547-2582
www.wellnessone.com

Fitness Together

350 West 22nd St. (Suite 102)
757-228-5310
www.ftnorfolk.com

Norfolk Fitness & Wellness Center

7300 Newport Ave.
(757) 823-4300
<http://www.norfolk.gov/wellness/>

Jim White Fitness Studios

1577 Laskin Rd. (Suite 105)
757-422-4728
4640 Shore Dr (Suite 105)
757-749-8469
www.jimwhitefit.com

Common discounts for clubs to give are:

- | | |
|--|---|
| • Waived Enrollment Fee | • Free Fitness Evaluation |
| • 5-15% off monthly rate | • First Class is free |
| • Free Personal Training Sessions | • Free Trial Periods from 7 days to 30 days, Club Specific. |
| • % Discount off on Personal Training Packages | |